

Women's Rights to Health

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ABSTRACT

Women have traditionally been deprived of economic and social status and power, reducing their access to necessities, including health care. Despite recent developments in Western countries, women remain disadvantaged compared to men. The gender gap in health is more acute in developing countries, where women are relatively disadvantaged. In addition to gender inequality, specific disease processes are unique to women, creating particular problems in both prevention and health care. We must address reproductive health, maternal mortality, malnutrition, and non-communicable diseases to improve women's health. Thanks to high-quality and affordable medical services covered by general health care. Achieving better women's health - from pregnancy to childhood, childhood, adolescence, and old age - requires a holistic approach and a life expectancy beyond reproductive health. Women should be able to take care of their health. Violence against women and girls (verbal and physical) is one of the main priorities of concern, which requires more and more constant action. Women play an essential role in our society. A healthy woman is the key to a healthy family, society, and nation.

This article examines the importance of women's health as healthcare providers, highlights the role of women in maintaining the health and general well-being of their communities, and identifies individual and collective methods of achieving community health and the necessary national and international methods.

Introduction

To make health a reality for all, we need individuals and communities with access to high-quality health care to care for their health and their families, qualified medical

workers who provide quality care focused on people, and policies that commit to universal health coverage. Overall coverage should be based on intense, people-centred primary health care. Sound healthcare

systems are rooted in the communities they serve. They focus not only on preventing and treating diseases and illnesses but also on helping to improve well-being and quality of life. [1]

A woman's right to the highest level of health must be guaranteed throughout her life, along with the right of men. Women suffer from many of the same health conditions as men, but women experience them differently because of their genetic and social gender. Examples of social realities that negatively affect women's health include impoverishment and economic dependence, gender-based violence and discrimination, and limited autonomy in life decisions, especially in sexual and reproductive life. Good health is important for a productive and dignified life, and the right of all women to control all aspects of their health, including their own fertility, is fundamental to their freedom and empowerment. [2]

Article 12 of the Convention on the Elimination of All Forms of Discrimination against Women (1979):

1. States Parties shall take all appropriate measures to eliminate discrimination against women in the field of health care in order to ensure, on the basis of equality between men and women, access to health care services, including those relating to family planning.

2. Notwithstanding the provisions of paragraph I of this article, States Parties shall provide appropriate services to women in connection with pregnancy, childbirth and the post-natal period, providing free services if necessary and adequate nutrition during pregnancy and breastfeeding. [3]

Being male or female has a significant impact on health due to biological and sexual differences. The health of women and girls is of particular concern because in many societies they are at a disadvantage

due to discrimination based on socio-cultural factors. Some socio-cultural factors that prevent women and girls from using quality health services and achieving the best possible levels of health include: unequal relations between men and women; social norms that reduce educational opportunities and paid employment; exclusive emphasis on women's reproductive roles ; and potential or actual experiences of physical, sexual, and emotional abuse [4].

Understanding the concept of "health" in international legal practice is due to the definition of health used in the Charter of the World Health Organization (WHO), signed on July 22, 1946, and entered into force on April 7, 1948:

Health is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.

1948 the United Nations General Assembly adopted the Universal Declaration of Human Rights. This Declaration strongly condemned sex discrimination and set out a network of rights related to promotion and health. There are other specialized conventions on women's health, such as Convention on the Political Rights of Women, the International Convention on the Elimination of All Forms of Racial Discrimination (Racial Convention), which prevents discrimination against women of racial groups, the Convention on the Rights of the Child (Children's Convention), the Convention against Torture and other cruel, inhuman or degrading treatment or punishment that prohibits women from inflicting physical or mental pain or suffering, and the Refugee Convention for the Protection of Refugee Women. The Universal Declaration is the Convention on the Elimination of All Forms of Discrimination against Women (Women's Convention), adopted in 1979. The Women's

Convention is the ultimate international legal instrument that requires respect for and observance of women's human rights. This Convention is universal in scope and comprehensive. The Convention is the first international treaty in which member states, known as States parties, have a legal obligation to eliminate all forms of discrimination against women in the civil, political, economic, social and cultural spheres, including health and planning.

Family. WHO's understanding of health goes beyond the elimination of diseases and physical defects and concerns physical, mental and social well-being.

Thus, rights relating to the promotion and protection of women's health include:

- the right of women to be free from all forms of discrimination;
- rights relating to personal liberty and autonomy, including the right to survival, liberty and security. The right to family and private life, and the right to information and education;
- the right to health care and the benefits of scientific progress;
- the right to empower women, including the right to freedom of thought and assembly and the right to political participation [5- P 4].

Women have unique health problems: pregnancy, infertility, menstruation, menopause and osteoporosis, urinary tract health, ovarian and cervical cancer, and sex trafficking, which affects women and girls in itself and has adverse effects on childhood, violence with a sexual partner, violence by groups, and long-term and immediate physical and psychological problems with women's health. And some health problems that affect both men and women can affect women differently. For

example, women are more likely to die of a heart attack than men. Women are more likely to show signs of depression and anxiety than men, the consequences of sexually transmitted diseases can be more severe in women, osteoarthritis affects more women than men, and women are more likely to have problems with the urinary tract. In addition, asthma is more common in women than men because women's lungs are smaller than men's. [6]

Women's right to health includes their sexual and reproductive health. Women's sexual and reproductive health are linked to many human rights, including the right to life, the right to freedom from torture, the right to health, the right to privacy, the right to education and the prohibition of discrimination. Despite these commitments, violations of sexual and reproductive health and women's rights are common. They take many forms, including denial of access to services that only women need; poor quality services; providing women's access to services with the permission of a third party; forced sterilization, forced innocence and forced abortion without the woman's prior consent; female genital mutilation (FGM); and early marriage. [7]

In 1995, the Beijing Declaration promoted equality, development and peace for all women around the world for the benefit of all mankind and the advancement of women. The Beijing Declaration was seen as a turning point in the global agenda on gender equality. The Beijing Declaration and Platform for Action (BPfA) is an international "Charter of Rights" for women that defines women's rights as human rights and sets goals for a wide range of issues affecting women and girls. According to the BPfA, the European Union and its member states are committed to achieving specific goals in twelve essential areas. [8]

Investments in health are known to generate significant social and economic benefits, in addition to saving lives and improving quality of life, but it is less well understood that programmes that improve women's health could have substantial and disproportionately higher economic and social returns, compared with other uses of social resources. Meeting women's health needs and eliminating gender inequality are moral imperatives and fundamental human rights, and investment in women's health should not require justification. Although women live longer than men, they have specific unmet health needs and higher morbidity. In addition, women's biological and social roles are central to intergenerational transfers and demographic and development effects. Moreover, women provide most of the informal care in homes and communities and represent 70% of the global health workforce, making them central to overall population health. Women's access to healthcare and their ability to achieve good health are measures of gender equality and the realization of women's human rights. This entails social norms that value women and girls' health; availability of quality healthcare options; and autonomy and informed choice for women and girls, free of coercion, discrimination, and violence. [9]

The Covid-19 epidemic affected women more deeply than men in several areas, both at work (especially in health and social care) and at home, with increasing workload due to restrictions and quarantine measures. Worldwide, 70% of health workers are women, most of whom are advanced health workers (nurses, midwives and community health workers). Similarly, most health center staff (cleaners, laundries, reception) are women. As a result, women are more susceptible to the virus. Many countries have reported an increase in domestic violence following the outbreak. Asking for

more support in the field of domestic burden can lead to domestic violence against women. Unfortunately, in countries where quarantine is practiced, the home is not always safe. Lack of proper family and emotional support can affect a woman's mental health. The risk of anxiety, depression and post-traumatic stress disorder is much higher in women. The Covid-19 epidemic is not just a health problem but a profound shock to communities, given women's multiple and low-paid roles. Several risk factors have been identified: low income, social isolation, loss of orientation, cramped space, loss of loved ones, fear of dying, difficulty accessing medical and social services, inability to escape, increased consumption of addictive substances, etc. These risk factors, usually related to domestic violence, are exacerbated during epidemics. In addition, male aggression with or without alcohol often responds to the crisis. [10]

Almost three years on from the onset of COVID-19, the pandemic's long-term impact on the health and well-being of women, children, and adolescents is becoming evident: their chances for healthy and productive lives have declined sharply. Covid-19 is more than just a public health or economic crisis. It is a crisis of discrimination through lived experiences of race, gender, and class. The pandemic has also had an impact on the civic space, limiting the ability of women's rights organizations and other progressive voices to participate in this critical juncture.

The impacts of COVID-19, conflicts, and climate crises have raised the stakes for vulnerable communities, revealing the weaknesses and inequities in healthcare systems and reversing hard-won progress for women, children, and adolescents. [11]

The 2022 edition of the Global Gender Gap Report called attention to a post-

pandemic crisis in the workforce: gender parity across key indicators was slipping, implying large-scale disruption of economic opportunities for women worldwide in labour-market participation, in skilling, wealth accumulation and overall well-being.[12]

Conclusion:

The success of women and girls in achieving perfect health requires the strong commitment of governments, organizations, and international institutions at all levels. Economic and social development are mutually reinforcing components of sustainable development to achieve the highest quality of life for all people. Equitable social development, which recognizes the empowerment of the poor, especially women living in poverty, for the sustainable use of environmental resources, is an essential basis for sustainable development. Additional resources are needed for developing countries from all available financial mechanisms, including multilateral, bilateral and private resources, to improve the situation of women. Financial resources to strengthen the capacity of national, subregional, regional and international institutions; Commitment to equal rights, equal responsibilities and equal opportunities, as well as equal participation of women and men in all national, regional and international institutions and policy-making processes; And create or strengthen mechanisms at all levels to respond to women around the world; Among the multilateral, bilateral and private resources for women's development. [13, p 36,37]. Equal rights and inherent human dignity in the UN Charter, the Universal Declaration of Human Rights and other international human rights instruments, including the Convention on the Elimination of All Forms of Discrimination against Women and the Convention on the Rights of

the Child, and the Declaration on Violence against Women and the Declaration on the Right to Development. It clearly affirms and guarantees the full realization of women's and girls' human rights as an integral part of all human rights and fundamental freedoms. [13, p. 8.9]. Women's rights are human rights. Recognizing and reaffirming the right of all women to control all aspects of health, especially their fertility, is vital to empower them [13, p 17] poverty eradication based on sustainable economic growth social development [13,p 16] and taking necessary measures to eliminate all forms of discrimination against women and girls and remove all obstacles to gender equality and improve and empower women [13, p 24], to prevent and eliminate any violence against women and girls; Ensuring equal access and treatment of men and women in education, health care and health promotion [13, p 29, 30].

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